

**Students show talent**

Middle school concert fills gym with music

Page 9

Fort Riley Post

Young players try hands at sport

Youth basketball program under way at Teen Center

Page 13



Friday, January 28, 2005

America's Warfighting Center

Vol. 48, No. 4

Around The Army**Germany:**

The European Stars and Stripes reported Jan. 27 that Army officials in Europe are nailing down the final draft of a plan that would begin to move elements of the 1st Infantry Division back to the United States in the summer of 2006. At the same time, the plan calls for eventually merging and relocating the Army's top two headquarters in Europe, according to several senior military officials.

Officials have said the process could take as long as 10 years and stress that the war in Iraq takes precedence in all Army planning. Current plans call for U.S. Army Europe and V Corps to morph into a single deployable task force and consolidate from their current base in Heidelberg, Germany, to Wiesbaden Army Airfield, Germany, the current home of the 1st Armored Division.

For more on this story and other U.S. military news in Europe, visit estripes.com on the Web.

Fort Hood:

The Sentinel reported Jan. 6 that six girls on post were part of a Smart Girls program conducted through the Boys and Girls Club. The program promotes self-esteem, healthy lifestyle and character development for girls age 8 to 18. The program has six pillars of character: trustworthiness, respect, responsibility, fairness, caring and citizenship.

The program has conducted events including cooking classes, a fashion show, a wellness day and collecting gifts for the local Toys for Tots drive at Christmas.

A similar program exists on post for boys. It is called Passport to Manhood.

For more on this story and other Fort Hood news, visit www.militarynews.com/sentinel on the Web.

Fort Knox:

The Turret reported Jan. 13 that a sixth-grader at Macdonald Middle School organized a teddy bear drive for child victims of the tsunami that struck the Indian Ocean Dec. 26, killing hundreds of thousands of people.

The 12-year-old girl started the drive by donating the first two bears.

The teddy bear drive ends Jan. 31 and the girl's family will coordinate with the Fort Knox Red Cross to send the bears where they're needed.

For more about this story and other Fort Knox news, visit www.thenewsenquirer.com/turret/ on the Web.

Iraq:

The Associated Press reported in The (Junction City) Daily Union Jan. 18 that the Army had dropped charges against a Fort Riley officer suspected in the fatal shooting of a severely injured 16-year-old Iraqi. The Army continues its investigation into the officer's involvement in that shooting and in additional misconduct.

The officer had been charged with murder and conspiracy to commit murder in the shooting incident. Lt. Col. James Hutton of the 1st Cavalry Division was reported to state that the Army can refile the dropped charges.

Streamer dresses colors

3rd BCT earns award brigades seldom receive

By April Blackmon

Staff writer

The 3rd Brigade Combat Team, 1st Armored Division, at Fort Riley received the Valorous Unit Award Jan. 21, just before the brigade returns to Iraq.

The Secretary of the Army bestows the

award for heroism in action against an armed enemy of the United States. To receive the award, a unit must display such gallantry, determination and esprit de corps in accomplishing its mission under extremely difficult and hazardous conditions as to set it apart and above other units participating in the same campaign. It rarely is given to a unit larger

than a battalion.

"You all should be proud ... to be a part of this great brigade," said Col. David Bishop, 3rd BCT commander.

Brig. Gen. Michael Tucker, 1st Armored Division's assistant division commander for maneuver, brought a

See Valor, Page 2



Post/Blackmon
Brig. Gen. Michael S. Tucker (left), assistant division commander for maneuver, 1st Armored Division, and Col. David Bishop (center), commander, 3rd Brigade Combat Team at Fort Riley, help hang a Valorous Unit Award streamer to the brigade's colors.

Sticking task



Post/Blackmon

Sgt. 1st Class Linwood Morris (left), HHC, 70th Eng. Bn., receives instruction from Barton County Community College's Gabriela Donley (center), as he sticks Cpl. Shane Bruce of Co. C, 70th Eng. Bn. with a needle for an IV. The Soldiers of 3rd BCT contingent were learning the combat lifesaving techniques in preparation for their deployment to Iraq.

3rd BCT troops learn combat lifesaving

By April Blackmon

Staff writer

Rapid medical response to an injured Soldier can mean the difference between life and death but medics rarely are standing next to a Soldier when he or she is injured. Fellow Soldiers, however, are.

That's why 3rd Brigade Combat Team Soldiers are being trained as combat lifesavers: to provide critical initial care to wounded comrades on the battlefield.

"The program was developed because of Vietnam. We had some 58,000 casualties; 15 percent of them died due to lack of buddy or combat lifesaver ... they bled out and died of shock," said Bruce Watson,

Barton County Community College's lead instructor of the combat lifesaver course.

"In today's op tempo, we're at some 1,400 dead. There's probably five to 10 wounded for every one killed, and there's not that many medics to go around. These guys - combat lifesavers - they're saving

See Lifesavers, Page 3

Army debuts online facelift

New Soldiers version adds almanac 2005

By Stefanie A. Gardin

Army News Service

WASHINGTON - Soldiers magazine launched the first of two redesigned Web sites Jan. 3 on the Army.mil homepage.

Viewers can access the new, more interactive 2005 Almanac at www.army.mil/soldiers/almanac2005 and will be able to access the new Soldiers Online Web site scheduled to launch Jan. 27.

Each site has been remodeled using either HTML or Flash technology to show off the features that the magazine offers and to provide viewers with a more interactive and accessible site.

"The goal is to make the Web site accessible to everyone, so that everyone can view it," said Benjamin Sterling, a webmaster for the Army Command Information Division at the Pentagon. "Some people like to click a lot, and some people don't like to click at all. I'm trying to meet them in the middle."

In the past, information on Soldiers Online was available in a PDF file and had to be downloaded. Thanks to the redesign, viewers on the new sites will be able to select and view only the sections they choose via the Internet.

"It will give people an easier way to get information than the old site, where you had to down-

See Magazine, Page 3

Division staff begins transformation

Shift in plans, training, mobilization functions under way

By Mike Heronemus

Editor

Operation of training facilities at Fort Riley began shifting to an evolving organization on post this month.

The shift will transform the post's G3 - Directorate of Plans, Mobilization and Training - into a 24th Infantry Division (Mech) G3 staff and a Fort Riley Directorate of Plans, Mobilization, Training and Security controlled by the Northwest Region of the Army's Installation Management Agency.

Garrison operations and functions began shifting to IMA control about two years ago.

Transformation of the G3 functions into two organizations picked up speed the first week of January with the arrival of a new director, retired Brig. Gen. Timothy D. Livsey.

The transformation will be complete by late spring or in the summer, Livsey said.

If everything goes as planned, the transformation will be transparent to active duty and mobilizing units requiring support facilities at Fort Riley. Commanders will request training support just as they have in the past, he said.

"If we do it correctly, the transformation will stabilize and improve getting training resources to Fort

Riley in the future."

The new directorate will control all weapons ranges, training areas and training aids and devices, including all virtual (computer imagery) and constructive (training) devices, Livsey said.

"Most all the resources stay on the installation when units mobilize," Livsey explained, so the logical change is to have the installation responsible for the training facilities and equipment instead of a unit that could deploy.

However, "the G3 and the units are our No. 1 customer. They define what training requirements they need," Livsey said, and the

new directorate will be responsible for making sure the installation can meet those requirements.

DPTMS staff will not be doing the training; units will conduct their training with the focus of getting the Soldiers ready to go to war, Livsey clarified. DPTMS staff will make sure the units can conduct training in the right conditions for the commander to meet the training standards required, he said.

"Ideally, we want to make it a turn-key operation, so units can show up and train," he added.

The transition to being an IMA

See Staff shift, Page 2

New director

• Retired in 2004 as a brigadier general after more than 26 years service.

• Former tactics instructor at the U.S. Army Infantry School.

• Former senior aide de camp to Chairman, Joint Chiefs of Staff.

• Former deputy commanding general, Combined Arms Center for Training.



Timothy Livsey





Post news in brief

Fund custodian class offered

Family Readiness Group fund custodian training is scheduled for 6:30 to 8:30 p.m. Feb. 17 at the Soldier and Family Support Center. The class will cover basic instruction on maintaining FRG fund records, fund-raising regulations and the appropriate uses of FRG funds.

All FRG fund custodians should attend the class and FRG leaders and commanders are encouraged to attend.

Registration is required and free childcare is available with reservations. Parents must bring the child's shot records.

For more information or to register for the class, call Sonya Brown, Family Readiness Center coordinator, at 239-9435.

Directorate offices to close

The Directorate of Information Management will be closed from 2 to 4 p.m. Jan. 28 to conduct a "Town Hall" meeting with all employees. The directorate would like to encourage everyone to arrange their business plans with this change in the operation schedule in mind.

For more information, call 239-6131.

myPay contains electronic W-2s

The myPay web-based system allows members to access electronic W-2, Leave and Earning Statement and other financial information.

Servicemembers and civilian employees who do not have a Personal Identification Number for accessing myPay can obtain one via e-mail by clicking on the New PIN button on the myPay Web site. A temporary PIN will be e-mailed to your official e-mail address.

For more information about myPay, call the contact center toll free at (800) 390-2348.



Post/Skidmore

Soldiers of 2nd Battalion, 34th Armor, weigh themselves and their equipment at Craig Gym as the last step before boarding buses to begin their trip to Iraq for the unit's mission supporting Operation Iraqi Freedom

'Dreadnaught' Soldiers finish prepping for deployment to Iraq



Post/Skidmore

Sgt. Michael Trahern of Company B watches a DVD movie on his player while waiting for a bus.



Post/Skidmore

First Lt. Larissa Kupczyk puts Company C 1st Sgt. Keith Williams' ID card in the band of his helmet.

Staff shift

continued from page 1

organization on Fort Riley will mean some personnel shifts on post, Livsey said. Generally, that means converting some military slots to civilian jobs and some employees who now work for the G3 will have a new boss in DPTMS, he said.

Livsey would not estimate the number of personnel changes the transformation will require. "It's a work in progress," he explained.

Livsey wants to establish a

base line for operations before he speculates on such personnel changes or what the DPTMS operation will require in future funding.

The important thing to remember is that the conversion to more civilian staff will put more Soldiers in the units where they belong instead of in post headquarters staffs.

It makes more Soldiers available for the warfight, he said.

SALINA POWERSPORT
3 x 2.5"
Black Only
3x2.5 General Ad 1/7

USA DISCOUNTERS
3 x 10.5"

BLJE/3x10.5/January 2005

FAITH FURNITURE
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Post news in brief

General talks to Soldiers

Maj. Gen. Michael Vane, commanding general of the U.S. Army Air Defense Artillery Center and commander of the U.S. Army Air Defense Artillery School at Fort Bliss, Texas, spoke with Soldiers of Battery C, 4th Battalion, 3rd Air Defense Artillery, Jan. 19. Btry. C is part of the 1st Brigade, 1st Infantry Division, at Fort Riley.

Vane explained the planned transformation of the Army's air defense artillery mission and organization.

"The transformation of the corps will mean new weapons systems and new doctrine," he said. Two years ago, the air defense artillery operated with a \$2 billion training budget. "Now its budget is \$11 billion," he said.

The Army's overall transformation will mean lighter launchers and smaller, more mobile units, Vane said.

Training will also change, he said. Air defense artillery Soldiers will no longer learn one weapons system; they will become expert at a particular task on several systems, Vane said.

Post names top Soldiers

A board of six senior non-commissioned officers met Dec. 21 at Riley's Conference Center and selected Sgt. James Lowry of Company B, 101st Forward Support Battalion, and Spc. Joel D. Taylor of Troop D, 4th Cavalry, as Fort Riley's Noncommissioned Officer and Soldier of the Quarter for the first quarter of fiscal year 2005.

Three other sergeants and three other specialists competed for the quarterly award.

Toastmasters seek members

Anyone wanting to overcome the fear of public speaking or to sharpen your leadership skills, a new club called O'Bills Toastmasters may help.

This new club seeks members from the Fort Riley community and the Junction City area. It is a non-profit, mutual support and leadership building organization that promotes a positive learning environment. This new club will be a part of Toastmasters International.

For more information about O'Bills' meeting times and locations in local area, call Jim Hill at 761-1130. For more information about Toastmasters International, visit www.toastmasters.org on the Web.

Job fair slated for February

The Army Career & Alumni Program Center at Fort Riley will host a job fair from 9 a.m. to 1 p.m. Feb. 11 in Room 7 of Building 210.

For more information on employers scheduled to attend, visit the ACAP Center or call 239-2278 or 239-2248.



Co. B, 70th Eng. Bn. Soldiers, Sgt. 1st Class Jason Therkelson (left) and Pfc. Nick Daley (center) practice inserting an IV in the arm of Sgt. Chris Smith during combat lifesaver training.

Lifesavers

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lives," Watson said.

Normally, at least one Soldier per section, squad or team is combat lifesaver qualified. However, Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, required every Soldier in the 3rd BCT to be CLS qualified before returning to Iraq.

Since October, BCCC has been training 3rd BCT Soldiers. In the

past five months, an average of 500 people have been taught each month - twice as many as in a normal month, said Larry Kabriel, BCCC education technician. The normal seven-day class was crunched into a three-day session because much of the course material is learned within the unit, Watson said.

The combat lifesaver, or CLS, course is essentially a crash

course in basic medical response. Soldiers are taught basic relevant preventive medicine, as well as how to keep an unconscious victim's airways open, apply first aid to chemical agent victims, apply splints to broken or fractured limbs and start an IV. They are also taught basics in transporting victims to a treatment facility and identifying combat stress sufferers.

The CLS is equivalent to a civilian first responder who also gives IVs, said Leo Perez, CLS instructor.

Administering an IV to someone who is hypovolemic, or has low blood volume, is critical to the patient's survival, and it requires practice. During the course, 3rd BCT Soldiers worked on their technique on plastic arms and tubing before practicing on fellow Soldiers.

"Some work just fine, but others have this fear of hurting a patient because they forget their technique. But, you give them another arm and they normally get it on the second try. It's rare when we have a third and fourth time," Perez said.

"The painful part isn't getting stuck, it's removing the tape, said 2nd Lt. William Stricklen, 70th Engineer Battalion.

Overall, Soldiers said the class was beneficial.

"Initially, when you're over there in Iraq and someone next to you gets hurt, you're going to be in a state of shock anyway. This gives you a better focus to bring your mind back to treat that casualty as opposed to wondering, 'gee, now what do I do?' which is an initial response in a stressful situation," said Capt. Tom Cheney, Headquarters and Headquarters Company, 70th Eng. Bn.



Barton County Community College instructor Gabriela Donley holds an IV bag for Cpl. Shane Bruce of Co. C, 70th Eng. Bn., while 1st Lt. John Prettyman of HHC, 70th Eng. Bn., looks on. The engineers were among several who took the combat lifesaver course prior to deploying to Iraq.

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Red Cross plans blood collection

By Jay Baker

Public Affairs intern

If you are at least 17 years old, weigh at least 110 pounds and are generally healthy, then you can donate blood.

The American Red Cross scheduled the next Fort Riley blood drive from 11 a.m. to 5 p.m. Feb. 15 and from 9 a.m. to 3 p.m. Feb. 16 at Riley's Convention Center. To schedule a donor appointment, call 239-1887.

Giving blood could help save as many as three lives, according to Red Cross promotional material. The Red Cross separates donated blood into red blood cells, plasma and platelets, allowing transfusions into as many as

three different people.

The Red Cross general guidelines for donating are:

- If you traveled outside the United States in an area where malaria is found, you must wait a year to donate.

- If you spent long periods of time in countries where mad cow disease is found, you can't donate, and

- If you have been in Iraq, you must wait a year to donate.

The Red Cross has other specific guidelines for donors which will be discussed with individuals before the give blood.

Each potential donor receives a brief examination during which temperature, pulse, blood pressure and blood count are determined.

Magazine

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load everything," said Sterling. "Plus information will download a heck of a lot faster and populate in your browser a lot faster as well."

Both the online Almanac and Soldiers Online are designed to follow the same format as the magazine versions and use the same department titles. However, for the first time, the Almanac will have its own look, which will be as close to the magazine version as possible. The Almanac will also pop up in its own window, so that it will be easier to navigate, said Sterling.

"Soldiers Online is a whole new online magazine - not just the online version of an existing publication," said Lt. Col. Robert E. Ali, editor in chief of Soldiers magazine. "We're looking into features such as online polls and readership surveys. We may even let readers vote for the next month's cover."

The new version will have a section where viewers can find out what stories are in the works for the next month's issue;

archives to view past Soldiers magazines and Almanacs; forms for webmaster feedback and comment forms at the end of each article; and a download section, where viewers can download anything from posters to computer desktop backgrounds to Soldiers' magazine covers - including covers that did not make it.

Postmarks, a segment in prior Soldiers magazines, will be brought back just for the online version. It will feature news and articles from different posts around the world.

"Soldiers Online will allow us to publish even more articles and photographs that we receive from our Soldiers through their submissions," said Ali.

At least once a week, articles, images or announcements will be added to the Web site. In addition, each month's content will be added on time, so that it is available at the same time that the magazine comes out.

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POST

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CHURCH
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2X5 Hair Experts Ad



AAFES extends holiday call rates

AAFES

DALLAS – The military exchange pre-paid phone card rate reduction originally planned for the holidays through Jan. 5 has been extended through Valentine's Day for calls placed from deployed locations using 550-Unit and 200-Unit Military Exchange prepaid phone cards.

Deployed military personnel using 550-Unit Military Exchange Prepaid phone cards from Army and Air Force Exchange Service phone centers throughout Iraq and Afghanistan have been connecting to friends and family back home at reduced rates since Nov. 24.

AAFES negotiated with AT&T

to secure a reduced rate for troops in Afghanistan and Iraq who use AAFES' 200-Unit Military Exchange Global prepaid phone card through Feb. 14 will also enjoy a holiday rate of only 22.5 cents per minute.

The decreased rate for the 200-Unit card is also good news for anyone who would like to send a phone card to deployed troops. The reduced rate means that a \$14.99, 200-Unit Military Exchange prepaid phone card purchased through the "Help Our Troops Call Home" program will provide 16 additional minutes of talk time for troops in Afghanistan and Iraq.

"The reduced rate means that the 200-unit card will now pro-

vide more than an hour of calling time between Iraq or Afghanistan and the Continental United States while the 550-Unit card continues to provide more than three hours of time for phone calls home," said AAFES Commander Maj. Gen. Kathy Frost.

The "AAFES" "Help Our Troops Call Home" program has helped Marines, Sailors, Airmen and Soldiers stay in touch with loved ones back home. These funds have been used to purchase and distribute 24,406 550-Unit Military Exchange Global Prepaid Phone cards and 7,707 200-Unit cards. The "Help Our Troops Call Home" initiative offers phone cards that do not expire and do not add any additional charges or con-

nection fees.

Both 550- and 200-Unit Military Exchange Global prepaid phone cards can be sent to individual servicemembers at their personal mail addresses or to "any servicemember" through the American Red Cross, USO, Air Force Aid Society or the Fisher House Foundation. AAFES' charitable partners have distributed 7,866 phone cards since the "Help Our Troops Call Home" program began in April 2004.

Individuals, organizations and businesses can log on to www.aafes.com and click the "Help Our Troops Call Home" link or call (800) 527-2345 for more information about the "Help Our Troops Call Home" program.

Hospital offers weight program

IACH staff

Sixty percent of American's weigh more than they should or are obese, according to information supplied by the Centers for Disease Control.

To fight the obesity epidemic, Army dietitians developed the "Weigh to Stay" program. "Weigh to Stay" is a multi-disciplinary class devoted to assisting Soldiers lower and maintain weight to meet the Army Weight Control Program standards outlined in Army Regulation 600-9.

The "Weigh to Stay" program consists of two mandatory classes and optional weekly weight checks or individual appointments for all Soldiers concerned about their weight.

In the first class, a registered dietitian covers a variety of nutrition related topics, including label reading, supplements, nutrition myths and fads and AR 600-9 requirements. A physical therapist discusses how to increase intensity, frequency or duration of activity for optimal weight loss and the importance of setting goals.

In the second class, the dietitian teaches correct portion sizes, meal planning and timing and weight loss tips.

A clinical social worker provides essential tools to assist Soldiers as they make lifestyle changes.

Soldiers should bring the mandatory fifth endorsements described in AR 600-9 to the second class for a healthcare provider's signature.

The more interaction a Soldier has with health professionals the greater the likelihood the Soldier will be successful at weight loss.

Soldiers are strongly encouraged to attend a weekly weight check during the noon hour.

A dietitian or experienced nutrition care specialist will be available to guide Soldiers to achieve their personal weight loss goals.

All Soldiers also have the opportunity to attend an individual appointment to address specific needs of the Soldier, such as underactive thyroid, diet history, nutrition supplements or sports nutrition.

Classes are taught in the Nutrition Care Division classroom in the basement of Irwin Army Community Hospital.

To schedule an appointment for the "Weigh to Stay" classes or for individual appointments call TRICARE at 239-3627 or 239-7644.

Army orders 55 upgraded Chinooks

All CH-47s will get extended life, use with remanufacturing

By Eric W Cramer

Army News Service

WASHINGTON – All of the Army's CH-47 Chinooks will be upgraded to the new CH-47F models by 2018 as the result of a partnership between the service and Boeing, the helicopter's manufacturer.

The Army will buy 55 new CH-47F models, have 397 helicopters remanufactured into CH-47Fs and have 61 remanufactured to the CH47G used by Special Forces units.

Total procurement costs through 2018 will be \$11.4 billion.

In a media round table Jan. 12, Col. William T. Crosby, cargo helicopter project manager, said the effort will keep the Chinook in the air even longer than the U.S. Air Force's B-52 bomber.

When the helicopters are remanufactured, they will be rebuilt from the ground up.

The Chinooks will receive recapitalized depot-level repair components that are nearly "zero hour" or new. The aircraft will receive new airframes.

The new version of the Chinook features a modern "glass cockpit" avionics suite in which computer displays replace the more traditional "steam gauges" seen on traditional control panels.

"The software is different, but when you plug in the hardware, it checks to see which aircraft it's in and installs the right software," Crosby said.

Crosby said research showed that it was less expensive to replace the entire fuselage than to rebuild the 40-year-old airframes currently in service.

Crosby said the changes

amount to a 50 to 60 percent reduction in part numbers for some components.

The upshot of these changes was a reduction in the price of a new helicopter from the \$42 million to \$30 million.

The price for remanufactured helicopters is expected to be slightly lower than \$30 million, but is still being negotiated.

Jack Dougherty, director of Chinook Programs for Boeing, said the order for 55 new helicopters is the most Boeing has received from the Army since 1973.

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POST SERVICE DIRECTORY





Commentary

Friday, January 28, 2005

Fort Riley Post

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Riley Roundtable

This week's question:

If you left the Army tomorrow, what would be your fondest and worst memories of your time in service?



"My fondest memory is a deployment to Korea, because I experienced different food, different people and a different culture. My worst memory is how I felt when friends were deployed, just thinking how it was affecting their families and that they might not come back."

Spc. Dwayne Allen
Installation BOSS President



"Fondest memories are my travels to Berlin before and after the wall came down. Worst memories are serving in Korea, leaving my family and not being able to see my daughter for the first year of her life."

Sgt. 1st Class Dwane Anthony
Forward Observer
1st Battalion, 5th Field Artillery
Home: Chase City, Va.



"My best memory is going home to see my new baby brother. My worst memory is being at Camp Casey (Korea) in winter."

Sgt. Charvin Broussard
CID Agent
78th Military Police Detachment
Home: Houston, Texas



"My best memory is serving in Iraq with other Soldiers who were concerned with others. My worst is noticing the opposite."

1st Lt. Rita Kim
Nurse
Medical Department Activity
Home: Salina, Kan.



"My fondest memories are the displays of appreciation received from the public for my service as a Soldier. My worst memories are missing three consecutive Super Bowls because of deployments."

Sgt. 1st Class Robert A. Wells
Operations sergeant
HHB, 4th Bn.,
1st Field Artillery
Home: Hannibal, MO.

Next week's question:

If you could improve available recreation facilities on post or add one new form of recreation on post, what would you do?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Positive child development Community will benefit from initiative

By Tammy Edwards
Instructional Specialist

Fort Riley Child and Youth Services recently introduced SKIESUnlimited, a ground breaking instructional program initiative. Fort Riley is proud to announce the launching of SKIESUnlimited in our community.

The name SKIESUnlimited combines the acronym for "Schools of Knowledge, Inspiration, Exploration, and Skills" with the word "Unlimited" for the unlimited learning possibilities this exciting new initiative offers Army children and youth. SKIESUnlimited provides the framework or umbrella for all instructional programs for chil-



Tammy Edwards

dren and youth from infancy to adolescence.

Through SKIESUnlimited, children and youth in Child Development Services, School Age Services and Middle School and

Teen Programs have equal access to opportunities that expand their knowledge, inspire them and allow them to explore and acquire new skills.

Young people spend as much as 80 percent of their waking time outside the classroom.

When involved in instructional programs during the critical hours of 3 to 8 p.m., they are less likely to engage in undesirable behavior.

Children and youth participate in instructional programs for a variety of reasons:

- To explore new skills,
- To pursue and nurture personal interest,
- To interact socially with others,
- To build a resume,
- To bolster a college application, or
- To foster a close relationship with caring, knowledgeable adults outside of home.

Instructional programs foster the development of critical life, leadership and social skills. The latest educational research con-

firms that a student's involvement in after-school instructional programs is beneficial on all levels. Instructional programs have been shown to promote the intellectual development of children and youth.

Fort Riley is in the process of surveying families to see what types of instructional classes their child would participate in if they were offered on post. Parents are being asked to take a moment to stop by Central Registration, Building 6620, to fill out a survey.

We also are looking for qualified instructors for many varieties of instructional classes. Anyone interested in becoming an instructor should contact the instructional programs specialist at 239-4723.

The price of peace

A father's last duty to son sad, but proud

By Col. (Ret.) Tom Sims

My son, the Soldier, comes home for good. At last report, he had left Iraq and was waiting a flight in Kuwait. With luck he will be in Germany today and then on to Texas.

By the way, he is called "remains," but I know better. He is my son.

It is sad when a father must write his own son's obituary. I don't know what to say. My son, like others falling in that conflict, was a hero who believed in his mission, his unit and his men. He also believed leaders should be in the front, leading, not following. And that is how he died.

He was well-liked and respected by his superiors and the men in his company, who sensed his concern for their well-being. He was also concerned about the

well-being of the Iraqi people and did his utmost to guard them from harm.

I don't know what to say or how to describe the sacrifice of your blood for this country. Having served in Vietnam twice, having a father who spent 36 years as a Soldier through two wars and a brother who served in Vietnam twice and is now 100 percent disabled from his injuries there, I am encouraged by the awareness of our countrymen for the sacrifices of our children. I am thankful for the realization by our citizenry that freedom is not free.

My son (had) an abiding trust and belief in the United States of America. He felt we are a moral nation, steadfast in our principles; this nation does not take its commitment of its sons and daughters to war lightly. But unlike many nations in the world, we do not shirk our duties to

commit our blood to just and necessary causes. Because that is what keeps us free.

I think he understood something that seems to have been lost in the debates over weapons of mass destruction and poor intelligence estimates in this particular war. That is that sovereign nations must be held accountable for their actions. We cannot tolerate nations that hide behind borders and provide support to enemies who are intent on our destruction. We can debate on how this war developed and was executed. It cannot be debated that nations now look carefully at their responsibility and accountability before providing such support. America has made its statement. If you support terror-

ism, we will find you and destroy you, whatever the cost.

My son understood this and believed what he was doing was right. But he also believed that you can't go in and destroy a country and walk away. He was anxious for the insurgents to be quickly defeated so we could start the nation building that Iraq so sorely needs.

I think his sacrifice to his nation can best be summed up in a message I received from a friend expressing condolences for his loss: His sacrifice was made to keep my family, my sons and my grandchildren as well as all Americans safe and free and for that we will eternally be grateful. That's nice. My son would agree. That's what he was doing.

Grunt By Wayne Uhden



FORT RILEY POST

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Publisher-Maj. Gen. Dennis Hardy
Public Affairs Officer-Maj. Jeffrey Buczkowski
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Mike Heronemus
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Circulation 8,800 copies each week

By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

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What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas): _____



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Soldiers may move from one battle to another

Fort Riley sensitizing key people on post to help struggling Soldiers win personal wars

By Jamie Bender
19th PAD

Soldiers home from the war in Iraq may find a new emotional and mental battleground at home, mental health officials at Fort Riley agree.

The stress of frequent deployments and even the normal Army life can, at times, be overwhelming, they point out. Support for the Global War on Terrorism has increased the Army's operational tempo, making deployments more frequent and Soldier time away from home longer in duration.

Some Soldiers might feel that emotional and mental stress is too much for them to bear.

For some, suicide might seem the only way to end the emotional and mental anguish they suffer.

Other prescriptions, however, could help someone thinking about taking that way out find another way to cope and overcome the war they wage inside themselves.

To identify and help those who may be struggling with stress, Fort Riley has introduced a program called Applied Suicide Intervention Skills Training workshops conducted at the Soldier and Family Support Center. In the workshops, unit leaders and others learn to identify signs and symptoms and how to help someone who might be considering suicide.

War and everything that goes with it increase personal stress, said Dr. (Maj.) William Keppler, chief of the Department of Behavioral Health, Irwin Army Community Hospital.

"Top stressors right now are deployments and relationship issues with regard to separation," he said. "Relationships were not meant to be spent apart. There is a lot of growth in different directions when one spouse is off fighting a war and the other is at home taking care of the homestead."

Returning home from deployment can be almost more stressful than the deployment itself, he added.

"[Soldiers] can have this fantasy in their head of what it will be like when they come home, and the reality can be a little different," Keppler said. "It's quite stressful. There are financial stressors because there are different amounts of money that are being

About series

This is the second article in a three-part series about the potential for suicide taking place on Fort Riley and the efforts being made to reduce those incidences. This first article appeared in the Jan. 21 issue of the Post and dealt with a statistical rise in suicide ideations. This article deals with available treatment for Soldiers and family members professionals deem to be a suicide threat. The third article will appear in the Feb. 4 issue of the post and will explain how special training available to certain people at Fort Riley can help leaders reduce actual suicides.

Treatment for family members

- Should a spouse or family member of a Fort Riley Soldier living on post seek treatment through Irwin Army Community Hospital's Behavioral Medicine (Community Mental Health) or emergency department or through Army One Source, they will be referred, if the need is found, to a civilian hospital.
- Should the spouse or family member live off-post and go to a civilian emergency department or seeks care with a civilian provider (network sources), the first seven visits are covered without requiring referral.
- Should a spouse or family member attempt suicide and goes to either IACH's emergency department or a civilian one, depending again on where they live, they will be referred to a civilian hospital for inpatient care).
- Those who go to the IACH emergency department will be evaluated by the Community Mental Health staff before being admitted to a civilian hospital. TRICARE will cover costs.

Source: IACH Public Affairs

used for different reasons."

While the Soldier is home, he or she faces the additional uncertainty of redeployment and having to go back, he added.

Many steps can be taken to help someone identified as being depressed or who has been heard to express suicidal thoughts.

"If you have reason enough to worry that (suicide) might be the case, you have a moral obligation to help this person," said Chap. (Maj.) Carl Rosenberg, Family Life Ministry chaplain.

"Don't keep that secret; let it be known to people who can help your friend from creating a permanent solution to a temporary problem," he said.

Help can vary from caring listening or hospitalization.

"There are different levels of help," Keppler said. "There are the chaplains; there are friends and family and supportive interactions. Sometimes that's all somebody needs, somebody that will listen to what they have to say and their needs and help them work

through stressful times."

"Sometimes they just want someone to hear their pain and know that they are not alone or crazy or abnormal," Rosenberg said. "Sometimes, speaking about those differences and conflicts can help."

Suicidal thoughts develop in a progression, Keppler said. When the idea of suicide first comes up, most people feel it's a last resort.

"The thought of suicide is not a good idea. Maybe I'm at the end of my rope and it's the only option I have, but it's not a good idea. People are less likely to act on that than if they have actually made peace with it," he said.

The bad idea, however, can progress to a point where it becomes a good idea to the person.

"If someone gets to that point and I find out about it, I put him or her in the hospital," Keppler said. "I put them in an in-patient psychiatric unit for stabilization. That may be medication; it could be individual therapy, group therapy

Want help?

If you or a "battle buddy," family member or friend is having suicidal thoughts or might be a high-risk candidate to contemplate suicide, do something to help.

On post, call:

- The military police – 239-6767
- Irwin Army Community Hospital emergency services – 239-7777 or 239-7778
- Social Work Service – 239-7291
- Chaplain Help Line – 239-4357
- Your unit commander, command sergeant major or first sergeant

Off post, call:

- 911 for local law and health authorities
- Crisis Center Hotline – (800) 727-2785
- Army One Source – (800) 464-8107

Possible suicide indicators

Actions:

- Giving away possessions
- Withdrawal from family, friends, school or work
- Loss of interest in hobbies
- Abuse of alcohol or drugs
- Reckless behavior
- Extreme behavior changes
- Impulsivity
- Self-mutilation

Feelings:

- Desperation
- Anger
- Guilt
- Worthlessness
- Loneliness
- Sadness
- Helplessness
- Helplessness

Physical:

- Lack of interest in appearance
- Change/loss in sex interest
- Disturbed sleep
- Change/loss of appetite, weight
- Physical health complaints

Thoughts:

- "All of my problems will end soon."
- "No one can do anything to help me now."
- "Now I know what they were going through."
- "I just can't take it any more."
- "I wish I were dead."
- "Everyone will be better off without me."
- "I won't be needing these things anymore."
- "I can't do anything right."
- "I just can't keep my thoughts straight anymore."

or something as simple as confinement. They can't walk out until they have time to relax and rest and consolidate their emotions and think about things in their life."

Many people put off talking to a professional about suicidal thoughts for several reasons, Keppler said.

There are worries that it will interfere with promotions or that the person will appear weak to friends and relatives. The fear of the unknown and the concept of being crazy are also reasons people avoid treatment, he said.

Because of these fears, talking to a chaplain may be an easier road toward help for some.

"I think there is the general expectation that chaplains have a higher degree of privileged communication than mental health (professionals)," Rosenberg said. "I would say that that's not necessarily valid, but there is that perception. There is also a societal stigma attached to mental health that chaplains don't have."

Perhaps one of the biggest deterrents to seeking treatment is the fear that an employer or commander may become involved.

"Self-referred patients have a right and should have an expectation of a limited degree of privacy," Keppler said. For Soldiers, that means, "a conversation with a therapist down here is protected under patient-therapist privilege. However, if there is an issue of safety, that privilege is void. If there is any clinical indication that there is an issue of safety, we are going to report it."

Chaplains also protect confidentiality when matters of safety are not an issue.

"As long as we are making sure people are being safe, I don't talk to anyone," Rosenberg said. "I would never talk to anyone without first talking with the person in front of me to give them the opportunity to do it themselves."

"The Army is very good with not pursuing what Soldiers talk about with their chaplain. Drug abuse, infidelity, things in the past

that are bothering people, the Army does not pursue that with a chaplain," he said.

When someone completes the act of suicide, the effect on friends and family can be devastating.

Family and friends might feel guilty about not taking the person's threats seriously, Rosenberg said. They also might feel angry that the person did it and left behind a hole in the family, he added.

"When someone completes the act in a unit, Soldiers around them are often shocked and they don't know how to handle the situation, how to handle relationships with the family," Rosenberg said.

Survivors also are at a higher risk for suicidal behavior.

"Whether it's genetic or whether it's just the fact that a loved one has done it and the taboo isn't as great, whatever the reason, when someone completes the act, their progeny have a higher susceptibility to also complete the act or at least having suicidal behaviors," Rosenberg cautioned.

Research: Screen Soldier four months after redeployment

By Karen Fleming-Michael
Army News Service

FORT DETRICK, Md. — Asking most Soldiers who have just returned home from a deployment if they're feeling "downhearted and blue" is probably premature.

Asking them three or four months later, though, seems to be the ticket to getting warfighters the help they need for combat-related depression, said Lt. Col. Paul Bliese, commander of the U.S. Army Medical Research

Unit-Europe in Heidelberg, Germany. The research unit screened returning troops in Italy first at redeployment and again at 120 days.

The screening found that more Soldiers needed help after they had been home for a while.

"They spent a year in Iraq, they're back, they're alive, there's a huge celebration. Then, three months into it, life intervenes. All of a sudden, they're having to deal with going to work every day and having to deal with the responsibilities of being a parent, spouse and a Soldier," he said. "I think

that's when these problems really start to come out."

A study reported in the New England Journal of Medicine in July 2004 said that 15.6 to 17.1 percent of military members who served in Iraq or Afghanistan typically screened positive for a mental disorder when they were surveyed three or four months after they got back to their home base.

The study was conducted by researchers at the Walter Reed Army Institute of Research, a military organization to the U.S. Army Medical Research Unit-Europe.

While conducting research on a psychological screening tool, the research team from Heidelberg, led by Dr. Kathleen Wright, surveyed troops within their first two weeks of returning to Italy after serving in Iraq. They came up with a 6.5 percent positive rate for mental disorders for the 1,604 Soldiers they screened.

Warfighting commanders, most notably Col. William Mayville, commander of the 173rd Brigade, and Maj. Gen. Thomas Turner II, Southern European Task Force commander, noted that something

just wasn't right with those numbers, said Col. Richard F. Trotta, commander of the clinic at Vincenza, Italy.

So Trotta asked the research unit to screen the Soldiers again 120 days after their return.

The rates were exactly 15 percent on the later screening, Bliese said. The best indication of how Soldiers' responses changed came from 509 Soldiers who provided data both times.

The responses from these Soldiers showed marked increases in psychological symptoms.

"Overall, 80 to 85 percent of the people do fine, but 15 to 20 percent of people fairly consistently seem to be showing some problems at 90 to 120 days," he said.

"These are resolvable, so in no way do we think we're going to lose 15 to 20 percent of our population on redeployment. But these 15 to 20 percent are saying 'My relationship with my spouse has really gone to hell since I've been back; I've started to drink too much and I need to dry out,'" he added.

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Mounted unit represents post at inaugural

By Deb Skidmore
Media Relations Officer

A 2,500-mile round trip adventure to Washington, D.C., found 14 members of the Commanding General's Mounted Color Guard and nine of their horses participating in the 55th Presidential Inaugural Parade Jan. 20.

The unit was one element involved with the 1.6-mile parade down Pennsylvania Avenue after President George W. Bush was sworn in as the 43rd president of the United States.

"We represented Fort Riley, the Army and the state of Kansas at this event," said Capt. Cayla Slusher, commander of the CGMCG. She said her unit was the only entry in the parade from Fort Riley and the state of Kansas. To get the horses to the event, Slusher said they were hauled by commercial truck 23 hours one way. She said the horses made the trip without incidence and were in good shape from the road trip. She said her unit personnel flew from Kansas City to Washington, D.C. Slusher said the event was a "pretty incredible experience," and the parade was well organized.

She said the day of the inaugural parade they actually did more standing around than riding the horses. With 9,000 participants, 45 marching bands, three musical groups, 15 horse elements, 17 floats and nine civilian march elements, assembly for the parade began early for the 2:30 p.m. scheduled event.

Slusher said the weather was cold but better than the snowstorm they encountered the day before while exercising their mounts.

"We just bundled up to stay warm during the parade," she said.

She added that security for the event was heavy. She said her

Soldiers were warned that protesters were throwing water balloons with bleach and rocks and that they should be prepared for anything.

"There were snipers on the roof tops, and we were all checked in the staging area," Slusher said. Additionally, she said that her unit was instructed to keep their Civil War sabers that are part of their uniform sheathed during the parade.

Going down Pennsylvania Avenue, Slusher said she just hoped the horses would perform well with all the distractions they would encounter.

"The horses and the Soldiers looked their best," Slusher said proudly, "just like I knew they would."

"The climax of the event was a salute from President Bush and rendering honors as we went down the street," Slusher said. "This had such historical significance, and there was a big sense of honor from this experience. I'll never forget this and never will have the opportunity to do it again."

"You normally don't get to see our president that close," said Spc. Ronald Wilson, one of the parade participants. "It was such an honor to do this."

Wilson said he was a little nervous at the beginning of the day but "once we started down the parade route, I relaxed and enjoyed the event."

Slusher commended her unit saying that everyone had a hand in making the day successful, not just the ones who actually rode in the parade. She said the ground crew helped with preparation of the horses and the Soldiers left at Fort Riley took care of things on the home front so there were no worries for her.

"I am proud to be associated with people with such high standards," Slusher exclaimed.



Members of the Fort Riley Commanding General's Mounted Color Guard wait to enter the inaugural parade Jan. 20 in Washington, D.C. This was the unit's second appearance in a presidential inaugural parade. The also participated in President Bush's first inaugural parade. ANS



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Fort Riley Community Life

Friday, January 28, 2005

America's Warfighting Center

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Community news briefly

Class helps dads relate

The Communities in Schools Office will offer "Dads in the 21st Century," a free six-session course teaching how to be the best father possible, Feb. 15, 17, 22 and 24 and March 1 and 3. Free meals and child care will be provided.

Meals are served from 6 to 6:30 p.m. and classes are conducted from 6:30 to 8:30 p.m. in the Family Network Learning Center, Room B107, in the Junction City Municipal Building, 700 N. Jefferson St.

The course covers the unique role and contributions of fathers in a child's life, how fathers can bond with their children and how fathers can gain support in their efforts to improve their relationships with offspring.

For more information or to register, call the Communities in Schools Office at 717-4021 or send e-mail to jimwilliams@usd475.org.

Class preps babysitters

The Red Cross schedules a baby sitting course the third Saturday each month in Building 5800. The next class will be Feb. 19. Cost is \$10. Enrollees must be 11 years old or older. All youth age 12 to 18 years old who successfully complete the course qualify for placement on the Fort Riley Baby Sitting Referral List, if they have parental permission to do so.

For more information, call 239-5077 or 239-4847.

Parents council set to meet

The Parent Advisory Council meets from 4 to 5 p.m. in the training room at Building 6620 the first Friday of every month. The next meeting will be Feb. 4.

All parents may attend. The meeting's agenda includes program updates and information parents can use. Parents receive a 10 percent discount on childcare fee after attending three meetings.

For more information, call Outreach Services at 239-9850.

Group plans seminars

The Morris Hill Gospel Congregation sponsors marriage seminars on a periodic basis. The next seminars will begin at 6:30 p.m. Feb. 7 and 21 at Morris Hill Chapel.

Future seminars will be conducted on the first and third Mondays of each month. For more information, call Morris Hill Chapel at 239-4814.

Class teaches teriyaki cooking

For commissary patrons who want to learn how to prepare teriyaki from beginning to end, and then sample the results, the commissary staff is hosting a demonstration and class beginning at 10 a.m. Jan. 28 in the front door lobby area.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Group hones support tactics

By April Blackmon
Staff writer

Six Soldiers and one family member attended the Jan. 10 inaugural meeting of the Wounded Soldiers' Outreach Support group at St. Mary's Chapel.

"The Soldiers were thrilled to be part of a group that can have the chance to support other wounded Soldiers," said Chap.

(Maj.) Carl Rosenberg, family ministry chaplain at Fort Riley.

The group initiated several ideas when it first formed and those are in process of becoming a reality.

An information packet for family members who go to Walter Reed Army Medical Center is in the works, Rosenberg said. The packet will contain basic information useful to family members

traveling there to be with wounded spouses, including phone numbers and maps.

"There has been one created, but we want to work on it a little, add more to it," said Betty Sue Kearney, steering committee representative. "We have two Soldiers going there this coming week and when they get there they are going to look and see what else we think would be

worthwhile."

The goal is not to have a packet so overwhelming that it confuses a spouse. The packet should be arranged so "the stuff you need immediately would jump out at you," said Diane Hardy, also a steering committee representative.

The idea of forming a group of volunteer drivers to take Soldiers to and from appointments was

brought up during the steering committee meeting. The group learned there is such a program available in Washington, D.C.

"We have a name and a number to contact that person, and they will do the driving," Kearney said, "and that will be in that little packet."

New ideas surfaced at the meeting as well.

See Supporters, Page 10

Toot sweet

Beginners fill north gym with music

By Mike Heronemus
Editor

Parents, siblings and friends filled the north gym bleachers at Fort Riley Middle School Jan. 24 to hear about 70 young musicians play what they had been learning in school.

Victor Wong, the school's band director, and Harold Bray, assistant band director, conducted the band in five numbers ranging from classical to march music. Between the band's performances, Wong introduced about 20 individual students in the beginning sixth-grade and seventh-grade band who played solos, duets and trios for the appreciative audience.

The beginner band played "The Honor Roll," "Snow Country," "Pirate's Parade," "Slightly Misty" and "Aztec Sunrise."

Sixth-grade students playing flutes and woodwinds practice together in one class during the week; the sixth-grade brass and percussion students practice together in another class; the seventh-grade beginner band practices as a group, Bray said.

The band directors bring the three groups together a couple of times to practice before a scheduled concert, he said.

The school schedules about five concerts a year, Bray said. Some of those concerts are performed in elementary schools on post in the spring to help recruit new students to play in the middle school bands, he said.

The school also has an eighth-grade band.



Post/Heronemus
Sixth- and seventh-grade beginning percussionists provide the beat for the band's other musicians.



Post/Heronemus
Tuba players' cheeks puff as they play their part in the brass arrangements to the band's performance of "Pirate's Parade," Jan. 24 at Fort Riley Middle School.



Post/Heronemus
Kiara Ocasio performs a flute solo during one of the breaks between band numbers played at the middle school concert.

BOSS offers singing 'grams

Valentine's greetings get personal touch

By Jay Baker
Public affairs intern

The Better Opportunities for Single Soldiers program will help anyone in the Fort Riley community offer gestures of love in a fun way with personally delivered musical Valentines and special gifts.

BOSS will again be selling sing-a-grams to raise money for its activities.

BOSS has sold this service in the past and people really liked it, said Spc. Dwayne Allen, BOSS president. "We receive requests for a particular song, then our volunteers dress up in costumes and go out and sing."

BOSS isn't limiting its sing-a-grams to just Soldiers or people living on post. "The volunteers go off-post, too," Allen said.

Valentine Day Sing-a-Grams will be delivered Feb. 10 and 11. The cost is \$10 for a song, \$15 for a balloon and kissing bear, and \$25 for a song, balloon, candy and a picture frame.

Anyone interested in sending a sing-a-gram should make reservations at the Information, Ticketing and Registration office in Building 6918 or by calling 239-5614.

Children send art to search for talent

By Cyndi Flores
School Age Services

The Boys & Girls Clubs of Fort Riley are among more than 3,300 such clubs across the country joining in a search to identify talented young artists for inclusion of their works in exhibits.

The exhibits are part of Boys & Girls Clubs of America's National Fine Arts Exhibit program, a comprehensive initiative promoting young people's creativity and encouraging artistic skills and cultural enrichment.

As a participant in the National Fine Arts Exhibit program, the Boys & Girls Club of Fort Riley may submit members' artwork in four age divisions and 10 categories, including watercolor, pastel, oil, acrylic and collage. Selected artwork will be

Programs keep spouses employed

Family members comprise 25 percent of AAFES' workforce

By Diane Weed
AAFES Public Affairs

About 12,000 Army and Air Force Exchange Service employees are military family members. That accounts for about 25 percent of AAFES' total workforce.

Like other Department of Defense employers, AAFES offers employment preference to military spouses and family members.

"Once employed, our reinstatement program helps spouses when they move from installation to installation by allowing them to

compete with current associates for in-house jobs," said Jeff Coons, AAFES policy branch manager. "That's in addition to having up to 36 months to find a job at the new location, while maintaining eligibility for reinstatement benefits."

Debra Jantek, an AAFES asso-

ciate, married into the military in 1986 and has used the program to work her way up to being a store manager at Fort Hood, Texas.

"Our very first move was to Vicenza, Italy, in 1986, where I started as a temporary accounting

See AAFES, Page 10

See Art contest, Page 10





Community news briefly

Society wants aid requests

The Historical & Archeological Society of Fort Riley is taking applications for its annual community assistance distributions.

Applications are available by contacting Karen Higdon at 784-4044. Deadline for application submission is Feb. 15.

For more information, call Higdon or send her e-mail to kmhigdon@aol.com.

KSU honors fall students

About 1,860 students earned semester or graduation honors from Kansas State University for their academic performance during the 2004 fall semester.

Students receiving semester honors rank in the top 10 percent of their class within their respective colleges and were enrolled in at least 12 semester hours of graded course work.

Students who complete their undergraduate studies with an academic average of 3.95 or above graduate summa cum laude.

The remaining students in the upper 3 percent of their college's graduating class are designated magna cum laude, while the remaining students in the upper 10 percent of each college class graduate cum laude.

Fort Riley students who earned semester or graduation honors from KSU were:

- Mollie Nina Borders
- Marisela Maria Gutierrez
- Amy J. Leturgez
- Callie Marie Sexton

Long pool hosts Fun Night

Family Fun Night is scheduled for 7 to 10 p.m. Jan. 28, Feb. 4, Feb. 18, March 4, March 18, April 8 and April 22 at the Long Fitness Center pool, Building 8069 on Custer Hill.

Cost is \$5 per family, \$1 per guest, passes not included. The fun nights include music and a giant inflatable obstacle course.

For more information, call 239-5888.

Konza Prairie seeks docents

Training begins in mid-February

Special to the Post

MANHATTAN — The Konza Environmental Education Program gives educational programs and tours of Konza Prairie Biological Station.

Many school groups and other organizations visit to learn about the tallgrass prairie ecosystem.

Volunteer tour guides, or docents, are needed to help with this growing public education program.

Volunteers determine when and how much time they are able to help.

Anyone who loves the prairie and would like to learn more about it is invited to attend the Konza Prairie Docent training program that begins at 9 a.m. Feb. 19 at the Hulbert Center at Konza Prairie Headquarters.

A Konza Lane sign marks the entrance to the Konza Prairie Biological Station located six miles south of Manhattan on McDowell Creek Road.

The first orientation session will be followed by several field trips and learning experiences from 9 a.m. to noon on Saturday mornings.

Docent training meets in the Education Center on the ground floor of the Dewey Ranch House.



LACH/Clark

First birth in 2005

Samantha Riley Giroux, sitting on mom's right knee, was born at 9:04 a.m. Jan. 2, the first baby born at Irwin Army Community Hospital in 2005. Big sister Almada Genevieve and her mother Jennifer were congratulated recently by the hospital commander, Col. Marilyn Brooks (left). Samantha's dad is Pfc. Richard Giroux, a combat engineer with the 78th Engineer Battalion. Samantha is wearing an outfit donated by IACH staff members through the Circle of Care. It is one of many items to include a stroller, bouncy seat, numerous items of clothing and toys presented to her on her birthday.

AAFES

continued from page 9

clerk. I progressed to store manager over the six years we were there.

"I resigned due to my husband's transfer to Fort Riley, Kan., in 1992 and was reinstated as the Class Six manager there, thanks to the general manager. Without his support of the reinstatement program, I might not be an AAFES employee today," Jantek said.

AAFES is also a partner in the Army Spouse Employment Partnership program. Of that partnership, AAFES has developed its own initiative called the Spouse

Continuity Program.

This program is designed to provide associates with enhanced opportunities for continuity of employment and career sustenance as they relocate with their military sponsors.

"AAFES plans to test the program in 2005 once the program specifics are finalized," Coons said.

"Over the years, our spouse friendly employment programs have continued to allow many military spouses to pursue careers as they've moved around the world," Coons said.

Supporters

continued from page 9

The group wants to make a banner welcoming home each injured Soldier and to inform the Soldier and his or her family that there is a support network available, Rosenberg said.

Wounded Soldiers also need to be better informed about available resources to them, such as financial assistance and Veterans Affairs benefits.

The group plans to bring in guest speakers to address these issues during their meetings.

The group meets once a month. The next general meeting begins at 6 p.m. Feb. 1 at Riley's Conference Center. Refreshments, childcare and door prizes will be available.

Bill Bacon with the Military Order of the Purple Heart will be speaking.

One benefit of the group is that Soldiers and family members will have the opportunity to socialize. "They seemed to have a positive attitude towards helping others who have been in the same type of situation and be supportive of other Fort Riley Soldiers," Rosenberg said.

Hardy, Kearney and Rosenberg all stressed the importance of having family members attend meetings as well as Soldiers.

"We really want this to be for spouses and family members. We don't want them to think it's just for the Soldier," Hardy said.

Art contest

continued from page 9

screened at the regional level and a limited number will be sent to BGCA's Atlanta headquarters for judging at the national level. Thirty-seven national winners will be named and their artwork displayed at special events throughout the year.

Winning artists also will receive an engraved plaque and letter of congratulations from BGCA. President Roxanne Spillet. Regional finalists will receive a certification of participation.

All of the children at School Age Services have had many opportunities to participate in arts and crafts activities at the center

as well as the Fort Riley Arts & Crafts Center. These youth have chosen to participate in the exhibit while others have taken their work home to share with family.

Located at building 6620, the Boys and Girls Club has served the youth of Fort Riley for many years. The post clubs provide programs for more than 150 boys and girls in the areas of character and leadership development, educational enhancement, career preparation, health and life skills, the arts and sports, fitness and recreation.

For more information, call School Age Services at 239-9220.

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Post/Heronemus

Writers recognized

Fort Riley Middle School students (from left) Randy Moss, Heather Leturgez, Chris Milstead, Enilisse Ortiz and Taylor Dibiasio hold copies of the Kansas Journal of Reading containing their articles and presented to them by their teacher, Shelby Witte (right) before the concert Jan. 24.

Chapel Services

St. Mary's Chapel: through May
Youth Ministry's Club Protestant Gospel worship service, 11 a.m. Sundays
Beyond-JV, 5 to 6:30 p.m. Sundays September through May.
Youth Ministry's Club Catholic Mass, 9 a.m. Sundays
Beyond, 7 to 8:30 p.m. Sundays
September through May.
Sacrament of Reconciliation (Confession), 8 to 8:30 a.m. Sundays or anytime by appointment (239-4814).
Catholic Women Mass and meeting, 10 a.m. first Thursday of the month September through May.
Protestant Sunday school, 9:30 a.m. September through May.
Catholic Mass, 11 a.m. Sundays
Protestant Women of the Chapel 7 to 8:30 p.m.

Morris Hill Chapel:
Youth Ministry's Catholic Youth Organization, Sundays September through May.
Protestant Women of the Chapel, 9 to 11:30 a.m. Tuesdays
RCIA (for anyone who wants to learn more about Catholic teachings and practices), 3 to 4:30 p.m. Sundays September through May

Kapaun Chapel:
Youth Ministry's Gospel Youth, 7 p.m. Wednesdays
Men's Bible study, 5:30 to 6:30 a.m. Thursdays
Protestant Contemporary worship service, 11 a.m. Sundays
Gospel Bible Study, 7 p.m. Wednesdays

Normandy Chapel:
Protestant worship service, 9:30 a.m. Sundays
Lutheran worship service, 11 a.m. Sundays

Main Post Chapel:
Protestant worship service (traditional), 10:30 a.m. Sunday
Protestant Sunday school 9:15 a.m. September through May

Hospital Chapel:
Mass, noon Monday through Thursday
Jewish religious services are available upon request. For more information, call the Installation Chaplain's Office at 239-3359.

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Community news briefly

Historical group plans meeting

The Historical and Archeological Society of Fort Riley will conduct its quarterly general membership meeting from 11:30 a.m. to 1 p.m. Feb. 9 in the Directorate of Environment and Safety, Building 407.

Meeting activities will include a basic introduction to the art of stone tool making, displays of artifacts spanning thousands of years, and a chance to meet and ask questions of DES staff members who work to protect the fort's historic and archeological heritage.

For more information, call Diane M. Buczkowski at 784-4797.

Tech college names grads

Manhattan Area Technical College held its winter commencement exercises on Dec. 11 in McCain Auditorium on the Kansas State University campus.

Thirty-eight graduates received associate of applied science degrees and 28 other students received course completion certificates.

Luz Hazelton of Fort Riley was among seven graduates who were inducted into the National Technical Honor Society. She received an associate of applied science degree in business and computer technology.

Chapel service needs musicians

The contemporary Protestant worship service is in need of a pianist, bass player and acoustic guitar player for its Sunday morning services in Kapaun Chapel on Custer Hill. Rehearsals are Wednesday evenings.

Anyone interested should call Juanita Boudreaux at 784-2918.

Crafts center slates classes

Jan. 31 – 6:30 p.m., advanced matting and framing
Jan. 31 – 6 p.m., basket weaving

Feb. 2 – 1 to 3 p.m., Stained glass

For more information, call the Arts and Crafts Center at 239-9205.

Teen Center slates activities

Jan. 28 – 8 to 10:30 p.m., middle school dance

Jan. 29 – 6 to 9 p.m., family potluck dinner

Feb. 4 – 8 to 11 p.m., game room tourneys

Feb. 5 – 8 p.m. to midnight, Midnight Basketball

For more information, call the Teen Center at 239-9222.

Rally Point sets activities

Jan. 28 – 5 to 8 p.m., Family Night with dinner buffet, family friendly movie and dancing

Jan. 29 – 11 p.m. to 4 a.m., Late Night with DJ Monroe

Jan. 30 – 7 p.m., WWE Pay-Per-View, Royal Rumble.

Feb. 2 – 5 to 9 p.m., 10-cent wings (dine in only)

Feb. 3 – 5 to 9 p.m., 95-cent cheeseburgers

Feb. 4 – 5 to 8 p.m., Family Night with dinner buffet, family friendly movie and dancing

Feb. 5 – 11 p.m. to 4 a.m., Late Night with DJ Monroe

For more information, call 784-5434.

Youth Services sets activities

Feb. 4 – 4 to 5 p.m., Parent Advisory Council meeting

Feb. 5 – 10 a.m. to 1 p.m., free child care for deployed Soldier's kids

For more information, call 239-9173

Auto center offers classes

The Auto Skills Center offers free basic and advanced automotive repair classes.

The basic class is offered from 6 to 7 p.m. the first and third Thursday of each month.

The advanced class is offered from 6 to 7 p.m. every second and fourth Thursday.

For more information, call 239-9764.

Spouses' club seeks nominees

The Officers' and Civilians' Spouses' Club is accepting nominees for elected and appointed board positions.

Elected positions are the president, first vice president, second vice president, recording secretary, corresponding secretary and treasurer.

Appointed positions are community assistance, historian, hospitality, membership, parliamentarian, Plain Talk newsletter, property manager, publicity, reservations, retiree representative, Shoppe manager, bookkeeper and liaison, ways and means, child care coordinator and Webmaster.

The slate for nominated elected officers will be presented to the general membership at the March 17 luncheon. Elections will take place at the April 21 luncheon, and installation of new officers will take place at the May 19 luncheon.

For more information, visit the club's Web site at <http://www.fortrileyocsc.com> or send e-mail to fortrileyocsc@yahoo.com.

'Baby Bundles' going to moms

By Robert Hansgen
Army News Service

FORT LEE, Va. – As service members deploy and redeploy in support of Iraqi Freedom, a mini baby boom is in the works, according to Defense Commissary Agency officials planning "baby bundles" for expectant moms.

The "baby bundles," a Gerber Baby Product initiative, are now arriving at Marine Corps bases around the world, and DeCA officials said the packages will soon be available at Army, Air Force and Navy installations.

The bundles will be distributed through new parent support programs at military installations.

The bundles include a baby wash and shampoo sample, pacifier, feeding plan and numerous coupons on Gerber product lines. Also included in the bundle is a commissary message welcoming the new baby to the military family and outlining some of the advantages of shopping the commissary.

"With the addition of a new family member, the commissary benefit and savings of 30 percent

or more becomes more important to military families," said Patrick B. Nixon, acting director and chief executive officer for DeCA. "It is also a chance to thank all the new mothers who serve on the frontlines or the home front."

"At Gerber, we know that deployments coupled with expecting a new baby can cause mental and financial stress on military families and we want to do our part to support programs that are helping families cope during this difficult time," said Jim Burkley, national account manager for Gerber Baby Products. Overall, 5,000 bundles will be distributed to new parents and expectant mothers.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices, according to DeCA officials.

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Fort Riley Sports & Recreation

Friday, January 28, 2005

America's Warfighting Center

Page 13

Sports news in brief

Post opens hoop season

Registration is open now for the Fort Riley Community Life Sports Program basketball teams.

The program is open to all female family members of active duty and retired military, as well as Department of Army civilians, contractors and AAFES employees working on Fort Riley.

Participants must be at least 18 years old to play. Registration is \$50 per team.

For more information, call 239-3764.

Parks accept registrations

Manhattan Parks and Recreation Department is accepting registrations for its annual Spring Break Soccer Clinic.

The clinic is a four-day basic soccer skills camp for children ages 4 to 8.

Registration fee is \$30 per player. Deadline for registration is 5 p.m. March 15.

For more information, call Adam Dolezal at (785) 587-2757.

Army seeks women players

Applications for participation in the 2005 All-Army Women's Soccer program are due to the morale, welfare and recreation program manager of the Installation Management Agency's Northwest Regional Office by March 1.

All-Army Sports is looking forward to recruiting an outstanding team to compete in the 2005 Women's Armed Forces Soccer Championship. Application information is available on the Army MWR Web site at www.armymwr.com.

Player selection criteria include the strength of the submitting player's resume, prior selection to All-Army teams, prior selection to armed forces teams, the highest level of school competition, exceptional awards, prior coaches' recommendations in collaboration with the All-Army sports specialist selecting official.

For more information, call DSN 793-8796 or (309) 782-8748.

Sports office, pools slate activities

Upcoming events and programs sponsored by the Fort Riley Sports Office and post pools include:

Jan. 31 - 5:45 to 6:45 p.m., Cardio Pump Aerobics Class at King Field House. Cost is \$2 per class (\$1.50 if paid in advance).

Feb. 2 - 5:45 to 6:45 p.m., Cardio Pump Aerobics Class at King Field House.

Feb. 1 - 9 to 11 a.m., Mommy & Me Time at Long Fitness Center pool. Cost is \$2 per family.

Feb. 2 - 10 a.m. to noon, Home School of Fish at Long Fitness Center pool. Cost is \$10 per child for the first three children. Any additional children are free.

Feb. 4 - 7 to 10 p.m., Friday Family Fun Night at Long Fitness Center pool. Cost is \$5 per family and \$1 per guest, passes not included.

For more information, call 239-2813.

Bowlers rack up second place

By Tim Hipps
Army News Service

DALLAS - Army finished second in the men's and women's divisions of the 2005 Armed Forces Bowling Championships Jan. 10-12 at Don Carter All-Star Lanes West in Dallas.

The tournament was contested in conjunction with the 2005 USA Bowling National Amateur Championships and the field was cut to the top 32 men and 24 women after three days of competition.

Air Force 1st Lt. Rickie Banister, who won the Armed Forces men's division with a 24-game total of 4,847, was the only military bowler to make the cut and finished 29th in the nation.

All-Army coach Dean Ryan said Banister was the difference in the Armed Forces men's tournament.

"I really thought this was the year that our men honestly had a chance to beat Air Force, and we probably should have," said Ryan, manager of Fort Meade Lanes in Maryland. "I feel one man beat us, and that was Rickie Banister. He just had a tremendous tournament."

Air Force won the men's division with a score of 27,343, followed by Army (27,174), defending champion Marine Corps

(26,080) and Navy (25,680). The Air Force women prevailed with a score of 25,134, followed by Army (23,755) and Navy/Marines (23,143), who combined for one team.

Master Sgt. Christine Dash overcame a pinched nerve in her left leg to win the Armed Forces women's division with a 24-game total of 4,390.

"I fell out of every shot because I couldn't get down with

the ball," said Dash, 38, stationed at the Air National Guard Base in Arlington, Va. "It was a matter of figuring out what was the easiest way to deal with the pain and make a shot."

Dash won the women's title in 1988 but didn't return to the tournament until 2001 when she won her second championship. She said her "mental game" was the

See Bowlers, Page 14

Youth court



The Panther's Jonathan Taylor (22) and the Golden Eagles' Cedric Davis Jr. fight for the ball. The two teams played Jan. 22 at the Teen Center on Fort Riley. They are part of youth sports program offered to third- and fourth-graders. Post/Blackmon

Youngsters learn to play basketball

By April Blackmon
Staff writer

The Fort Riley Golden Eagles saw their second season win Jan. 22, beating the Ogden Panthers 28-10 in third- and fourth-grade basketball played in the Teen Center gym at Fort Riley.

The Eagles dominated most of the first quarter. A hot-handed defense kept the ball on the Eagle's half of the court, while the offense outscored the Panthers, 8-2.

The tables turned on the Eagles in the second quarter, as the Panthers controlled possession for much of the quarter.

Panther Jonathan Taylor dropped in four points to cut the Eagles' lead to 8-6.

With a strong man-to-man defensive pressure in the third period, the Eagles managed to rattle the Panther's for a little more. They scored four points off steals and tossed in 10 on offense.

Eagle Cedric Davis led the 22-6 charge with six fast-break points. Fourth-quarter play was virtually even.

The Eagles added six points while the Panthers scored four.

Taylor led the Panther's scoring drive with eight points. Davis led the Eagles, scoring 12 while Marshal Thomas added eight.

"This was a very good game for them," said Eagles' assistant coach Cedric Davis. "They put on a very good defensive pressure."



The Golden Eagles' John Bradley goes for the shot while the Panthers' Kassi Harris (15), Tristan Sellers (13) and Jonathan Taylor (22) try to catch up to him. The Golden Eagles defeated the Panthers 28-10 in the third- and fourth-grade game played Jan. 22 in the Teen Center gym. Post/Blackmon

2 teams perfect in hoop leagues

Staff report

Two teams in active league play among company basketball teams remained undefeated as of Jan. 20.

The 172nd Chemical Company remained the Southern League powerhouse with a 49-27 win against Headquarters and Headquarters Company, 1st Engineer Battalion, Jan. 19.

Headquarters and Headquarters Company, 1st Battalion, 16th Infantry, defeated Battery B, 1st Battalion, 5th Field Artillery, 62-37 Jan. 18 and then won by forfeit Jan. 20 to remain unbeaten in the Western League.

Northern League play ended Jan. 11 with Headquarters and Headquarters Battery, 4th Battalion, 1st Field Artillery, undefeated in five games.

Southern League Standings

(as of Jan. 19)

Team	W	L
10th ASOS	3	3
HHC, 24th ID	2	1
USA MEDDAC	2	2
15th PSB	0	4
172nd Chemical	5	0
HHC, 1st Eng Bn	0	3
Touch of Grey	3	1
15th Finance	1	3
523rd MPs	2	1

Western League Standings

(as of Jan. 20)

Team	W	L
331st Signal	4	1
HHC, 1-16	6	0
HBB, 1-5	4	1
A, 1-5	0	3
B, 1-5	0	6
Co. B, 101st FSB	3	1
HHC, 1-34	1	2
C, 1-34	1	4
A, 1-34	2	3

Rough-legged hawk migrating through area

Traveling predator prefers open grasslands, meadows, sagebrush flats



Carla Hurlbert

By Carla Hurlbert
DES Conservation Office

The coming of winter brings new residents to Fort Riley as the rough-legged hawk (*Buteo lagopus*) migrates from northern Canada and Alaska for warmer central and southern climates. They prefer open grasslands, agricultural fields, meadows and sagebrush flats with few trees like western Kansas.

The name "rough-legged" refers to

the feathers that cover the legs to the base of the toes.

They are easily identified by a wide black belly band, a broad dark band on the white tail and black patches at the wrists.

The head and underparts are a creamy white streaked with brownish black feathers and the back and wings are slightly darker. Like most hawks,

a dark morph of the rough-legged hawk also exists but can be identified by a dark terminal band on a white tail.

One of the most recognizable traits of the rough-legged hawk is the way it hovers over one spot in search of food. They are graceful in flight as they use wind currents to hover just above the ground.

The rough-leggeds' keen eyesight allows them to hunt over large areas from great heights. Mice, voles, ground squirrels, rabbits and other rodents are the basic food of the rough-legged hawk. They also eat dead animals and may be seen eating road-killed along the sides of highways.

Departure from the breeding grounds begins in late August or September with individuals arriving at wintering areas from October through

See Hawks, Page 14





Sports news in brief

Outdoor Rec plans eagle trip

A free bald eagle watching tour is planned on Fort Riley on from 1 to 4 p.m. Feb. 19. This is an outside event, so participants should wear warm clothes. Participants are encouraged to bring their cameras, video cameras and field glasses to help view these spectacular birds and preserve memories of the trip.

Call the Outdoor Recreation Center at (785) 239-2363 for more information and to register for the tour.

Centers change age policy

A new age policy is in effect for the fitness centers on post. Children 12 years old and younger are not authorized to use any mechanical, strength or cardio equipment, saunas or steam room.

Eligible youth who are 15 and younger must be participating in the same activity and under the direct supervision of a parent or guardian. This policy

includes the use of basketball and racquetball courts.

Children age 12 and younger are not permitted into the free weight or cardio areas while a parent or guardian works out.

Patrons may bowl for free

Bowlers get a chance to win a free night of bowling every Tuesday from 7 to 9:30 p.m. Anyone who signs up to bowl at that time receives a ticket for a chance to win. Tickets will be drawn at 7, 7:30, 8 and 8:30 p.m. Whoever has their ticket drawn bowls free for that evening.

For more information, call Custer Hill Lanes at 239-4366.

Firearms range open weekends

Fort Riley's range for privately owned firearms will be open Jan. 30, Feb. 20 and Feb. 27, weather permitting, according to volunteer range coordinator Stephen Bachelor.

For more information, call Bachelor at 239-1525.



A rough-legged hawk perches on a line, watching for prey.

DES Photo

Hawks

continued from page 13

December. The timing of migration is highly variable.

Northward migration can begin as early as February but more typically occurs in mid-March and early April.

They nest in the Arctic on steep cliff ledges or occasionally in tall conifers. The nest is built with grass and sticks.

The female lays a clutch of two to seven eggs between early May and late June, depending on food availability.

When the number of small

mammals is high, rough-legged hawks can produce up to seven young. When the small mammal population is low in numbers, a pair may be fortunate to produce a single chick.

Incubation is primarily by the female, but the male may perform brief incubation duties in between his hunting forays.

Incubation starts as the first egg is laid and averages 31 days. Nestlings fledge in about 36 to 40 days.

Fledglings remain dependent on their parents for another four to six weeks. The period of dependence often continues into fall migration.

During the first fall migration, the juveniles will likely encounter humans for the first time.

As a result, rough-legged hawks are strikingly tame and quiet trusting and docile around humans, often allowing close approach.

However, around the nest, they are fierce defenders, engaging in close swoops and chases to drive off intruders.

Bowlers

continued from page 13

key to winning a third crown.

Many military bowlers admitted they were flustered by the national championships' use of sport-oil conditions, which are much tougher to score upon than most house-league surfaces.

"The big difference I notice is that you don't get an area to shoot at like you do in a house shot," Dash explained. "On sport-shot, you've got one board you have to go over every time. That's where the mental game comes in. The way the oil is laid on the lane it wears different and it has different thicknesses in different places than what you're normally used to, so you have to be extremely accurate to shoot well on sport-oil conditions."

"It makes a bowler out of you, that's what it does," added Army Staff Sgt. Dwayne Watkins, who finished second in the Armed Forces men's division with a 4,627 total.

Watkins, a Kiowa Warrior crew chief at Fort Rucker, Ala., bowled a 290 on the second day after settling for a spare in his first frame.

"I rolled 11 strikes in a row after that," said Watkins, who has 14 perfect games on his resume.

Watkins, a native of Austin, Texas, began bowling as a child with his family and has continued for 30 years. His parents drove to Dallas for the All-Army Trials Camp but had to return home so dad could compete in a league during the Armed Forces Championships.

The Army and Air Force had a three-day camp in Dallas a week prior to the Armed Forces Championships to select their teams.

Watkins' performance here was his best on sport-oil conditions since he finished all-events runner-up in the 1993 American Bowling Congress National Championships. He also won a

tournament at K-Bay Lanes in Oahu, Hawaii, while stationed at Schofield Barracks in 1997.

Air Force Chief Master Sgt. Bobbi Boutwell won the Armed Forces women's silver medal with a score of 4,271, followed by teammate Tech. Sgt. Kimberly Thompson (4,249). Army 1st Sgt. Susan Paschal finished fourth at 4,220.

Army Maj. Renea Greenlee, stationed at Reno, Nev., finished ninth among military women with a 4,039 total.

Army Sgt. 1st Class Bill Anthony, 46, an attack helicopter repairman stationed at Fort Campbell, Ky., finished fourth in the Armed Forces men's division with a 4,593 total. He has competed in this tournament all but two years since 1989. He missed the 2004 event because of deployment to Iraq, where he never found a place to bowl.

"It feels very good to be back," Anthony said. "I bowled fair to middling. I just puttered right along and tried to keep it simple because the shot was kind of grueling. I didn't have any really bad games but I didn't really have any high games, either. Consistency was the key."

Anthony said nothing shy of deployment could keep him away from this tournament.

Air Force Tech. Sgt. Ricky Beck, a two-time individual champion who was deployed most of last year in Qatar, finished ninth in his final Armed Forces Bowling Championships.

"Between the people and the competition, it will be very hard to give up," said Beck, 43, who plans to retire Oct. 31. "It's always been a great time."

Editor's note: Tim Hipps writes for the U.S. Army Community and Family Support Center.

Custer Hill Lanes Bowling Results

(as of Jan. 25, 2005)

Friday Night Mixed League			Officers' Wives Club League		
Team	Points Won	Points Lost	Team	Points Won	Points Lost
Stella's Angels	44.5	23.5	Bowldacious Babes	44.0	24.0
Red Dog Express	41.0	27.0	Queen Pins	42.0	26.0
OSIMA	41.0	27.0	Babes With Balls	40.0	28.0
Team On A Mission	38.5	29.5	Granmas On A Roll	39.0	29.0
TGIF	36.0	28.0	Strike Force	29.0	39.0
Only On Fridays	36.0	32.0	Team #5	25.0	39.0
Team 9	35.0	33.0	Team #8	22.0	42.0
SE Strike Force	31.0	37.0	Spare Balls	20.0	48.0
Crazy Eights	30.0	34.0	High Game Handicap-To Date		Score
Latecomers	23.5	40.5	Spare Balls		679
Tree & Seven-Eights	23.0	41.0	Queen Pins		641
Survivors	19.5	48.5	High Series Handicap-To Date		Score
Team 13	2.5	1.5	Granmas On A Roll		1,862
Team 14	1.2	2.5	Team #5		1,720
High Game Handicap-To Date		Score	NOTE: Custer Hill Lanes submits standings to the Fort Riley Post. Teams earn a point for each game won plus one point is awarded to the team with the most pins in the three-game match. Teams receive a point lost for each game lost in a match.		
TGIF		946			
Team 9		895			
High Series Handicap-To Date		Score			
OSIMA		2,641			
Team On A Mission		2,469			

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Travel & Fun in Kansas

Page 16

America's Warfighting Center

Friday, January 28, 2005

Leisuretime ideas

At the movies:

The Barlow Post Theater
Doors open at 6:30 p.m.
Shows begin at 7 p.m. unless otherwise noted. Admission is \$3.50 for adults, \$1.75 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.
Jan. 29 – Spanglish (PG-13)
Jan. 30 – Lemony Snickets (PG)
Feb. 3 – Spanglish (PG-13)
Feb. 4 – Meet the Fockers (PG-13)

For more information, call 784-2226 or 784-2640.

Lawrence:

What: Blind Boys of Alabama. Grammy Award-winning group have spread the spirit and energy of pure soul and gospel music for more than 60 years, with three of the original founders still going strong in their 70s.
When: 7:30 p.m., Feb. 2
Where: 1600 Stewart Drive, Lied Center of Kansas
Phone: (785) 864-2787
Admission: Varies

What: "Pharaoh's Daughter." A mix of Middle Eastern, Hasidic and folk rock tinged with a klezmer beat - music that comforts with its meditative qualities and energizes with exploding eclectic grooves.
When: 7:30 p.m., Feb. 5
Where: 1600 Stewart Drive, Lied Center of Kansas
Phone: (785) 864-2787
Web site: www.visit-lawrence.com
Admission: charged

Leavenworth:

What: Hidden Art Locked Away. Annual show and sale of various mediums of art created by Leavenworth prison inmates.
When: 4-8 p.m. Feb. 4; 9 a.m. to 5 p.m. Feb. 5; 1-5 p.m. Feb. 6
Where: 123 S. Esplanade, Riverfront Community Center
Phone: (913) 682-4459 or (800) 844-4114
Admission: Free

Manhattan:

What: Naturally 7, a group of seven men in their late 20s and early 30s from New York, will perform their unique seven-part harmony. The group blends jazz, gospel, rhythm and blues and classical styles, along with imitations of instruments from horns to guitar.
When: 7:30 p.m. Feb. 3
Where: McCain Auditorium on the Kansas State University campus.
Tickets: Available on the Web at <http://www.k-state.edu/mccain> or by calling the McCain box office at (785) 532-6428 weekdays between noon and 5 p.m.

What: "The Shape of Things." This contemporary story of love and art set in a college town follows the intensifying relationship between two students. The controversial playwright and filmmaker Neil LaBute examines the chances people are willing to take for art and for love.
When: 8 p.m. Feb. 10-12 and Feb. 16-19
Where: Nichols Theater on the Kansas State University campus

Admission: \$11 for general public, \$7 for students and senior citizens, groups of 10 or more may receive a discounted rate.
Phone: (785) 532-6857

ITR staff helps skiers 'cool it'

Discounts on lift tickets, aid with travel plans ease get-away planning

By Mike Heronemus

Editor

Winter should wear its coat of snow white well into April, guess-
es Teresa Mayes, manager of the Information, Ticketing and Regis-

ITR lift ticket costs:

Keystone/Breckenridge in Colorado - \$42 weekdays, \$46 weekends, \$22 for children age 5-13
Vail/Beaver Creek in Colorado - \$56 weekdays, \$60 weekends, \$30 for children age 5-13
Winter Park - \$41 weekdays, \$45 weekends, \$25 for children age 5-13
Copper Mountain in Colorado - \$41 weekdays, \$45 weekends, \$25 for children age 5-13

tration office at Fort Riley.

That means Soldiers and families who want to buckle on some skis and shush the slopes in Colorado, Missouri, Nevada, California or elsewhere have time to enjoy what TV weathermen have called a boom season for resorts in the Rocky Mountains and elsewhere.

Mayes said she and her staff can arrange it all, from trips for individuals to families to groups of 40 or more.

"We offer discounts on lift tickets and can assist with arrangements for one- to two-week packages," she said.

Packages can include transportation, accommodations, lift tickets, equipment and even lessons for someone wanting to learn how to ski or snowboard.

ITR patrons can select from a variety of accommodation options, including hotels, condominiums, military guest housing and even YMCA of the Rockies plans that offer room and board

for six to eight people sharing a room in its facility near Colorado ski areas.

"Hotels near the ski areas usually offer free shuttle service to and from the ski areas," Mayes said. "Skiers who want ski-in, ski-out arrangements can rent condominiums that are near the base of the ski slopes," she added.

Members of the ITR staff have visited many of the ski areas, Mayes said, so they can offer personal insight about what's available, where good accommodations can be found and the best deals available.

"We also have guides on all the areas, so a person can come in and Skiers thinking about trips during the President's Day holiday in February and spring break in March should think about making arrangements soon, Mayes said. "Those times fill up fast," she said.

A lot of Kansas skiers like the Colorado slopes because they're not too far away, Mayes said.

If you go:

Snow Creek is open noon to 9 p.m. Monday through Friday, 9 a.m. to 9 p.m. Saturdays and holidays, and 9 a.m. to 8 p.m. Sundays.
A daily snow pass costs \$34.

From Fort Riley, take Interstate 70 and the Kansas turnpike west to Interstate 435 near Kansas City. Take I-435 to Interstate 29 north to Exit 20. Take a left at the exit ramp and drive back over I-29. Turn right on Missouri Highway 273 to Weston. Stay on M-273 to Missouri Highway 45. Turn right on M-45 at the four-way stop. Stay on M-45 for about eight miles. Snow Creek will be on the right about 1/4-mile past the Iatan Power Plant.

Snow Creek is closer, however. The Missouri ski area is about two hours from Fort Riley, Mayes said. The resort lies near Atchison, Kan., on Missouri Highway 45.

Snow Creek uses manmade snow and lets active duty, Reserve and National Guard Soldiers ski for free every Wednesday - Military Appreciation Day. Family members pay \$29 to ski from noon to 9 p.m. or \$24 to ski from 4 to 9 p.m. every Wednesday.

ITR also offers \$3 discounts on daily lift ticket prices at Snow Creek, Mayes said. Snow Creek's season ends March 13 with half-day rates effective at noon that day.



Keystone Ski Area
A skier negotiates one of the slopes at Keystone, Colo., where the Better Opportunities for Single Soldiers have organized an early February ski trip.

BOSS, ITR arrange trip for post skiers

About 30 Soldiers sign up

By Jay Baker

Public affairs intern

Fort Riley's Better Opportunities for Single Soldiers will hit the slopes at Keystone, Colo., Feb. 4-6.

About 30 BOSS members are expected to take advantage of the trip offer costing \$120 per person. The trip includes two nights lodging, transportation and one lift ticket. Lodging is provided by Rocky Mountain Blue, an Air Force Morale, Welfare and Recreation facility. The deadline for signing up and paying for the trip is Jan. 28. Call 239-8147 or 239-5614 for details.

"This is an excellent deal because usually a hotel room costs at least \$100," said Spc. Dwayne Allen, BOSS president.

Soldiers making the trip can choose from a variety of planned activities during the 15th Annual Military Snow Sports weekend hosted by Keystone. Scheduled activities include a cardboard

derby, skiing and snowboard races and tubing. Non-skiers can participate in ice-skating and sightseeing.

"We don't restrict your actions on these trips," Allen said. Soldiers can do whatever they want to do. We just need everyone to be where they need to be and on time when the bus leaves."

The BOSS organization helps Soldiers at Fort Riley by planning group recreation activities, Allen said. Another ski trip is scheduled for Feb. 23 to Weston, Mo., at the Snow Creek resort 130 miles east of Fort Riley.

The trip is free to all active duty military ID card holders and includes equipment rental, tow rope ticket and one lesson.

Those interested should call 239-8147 or visit with the Information, Ticketing and Registration office in Building 6918, phone 239-5614.

Upcoming events include a model search for a subsequent fashion show, a car show, a paintball tournament and a cruise.

Lt. Dan Band to perform

Special to the Post

Gary Sinese, who played Lt. Dan in the movie "Forrest Gump," and the Lt. Dan Band will perform in a concert at 8 p.m. Feb. 25 in the Uptown Theatre in Kansas City, Mo.

The concert is billed as a thank-you for servicemembers who fought in Operations Iraqi Freedom and Enduring Freedom and Noble Eagle.

The three-hour concert, with R. Lee Emery - "Gunny on the His-

tory Channel and Military Channel - serving as master of ceremony is a thank you and recognition for those servicemembers' service and the sacrifices of their families.

Bonded sitters will be available to care for children at no charge.

Two free tickets are available to admit one servicemember and his or her guest.

To request tickets, send a e-mail to johnkerr@kerners.net before Feb. 15. For more information, call (573) 522-4220.

Manhattan Arts Center

Acclaimed blues singer-songwriter Ray Bonneville comes to Manhattan for a concert at 8 p.m. Feb. 11 as part of the Manhattan Arts Center's BirdHouse acoustic music series.

Bonneville's career spans 30 years playing in many countries. He has received the Juno award,

Canada's equivalent to the American Grammy, and is touring North America and Europe with his fifth solo album, "Roll It Down."

For his live shows, Bonneville packs his guitar, a rack harmonica and an amplified piece of plywood to deliver what has been described as a big sound with a primitive quality and a lot of forward momentum that is visceral,

bluesy and aimed at the belt.

Tickets for the performance can be bought at the Manhattan Arts Center, The Dusty Bookshelf in Aggieville, Clafin Books & Copies, at the door or by phone at (785) 537-4420. Tickets cost \$15 for adults and \$12 for students.

The Manhattan Arts Center box office is open from 10 a.m. to 5 p.m. Monday through Friday.

BRIGGS
3 x 10.5"

3X10.5 BRIGGS SUPER 1/28

